



STORK
is good food!

STORK TASTES VERY GOOD spread on bread and there's nothing better for all your cooking. You will be pleased to see how well and strong your children look when you give them lots of Stork Margarine.

STORK MARGARINE

makes people strong and healthy — healthy people are happy people.



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BANTU Mirror 26/6/54

For real food value there's nothing like OVALTINE

Rich with the concentrated goodness of eggs plus malt plus milk plus vitamins plus minerals, Ovaltine builds reserves of energy and resistance to illness while you sleep.

A cup of delicious, nourishing Ovaltine at night encourages that natural, sound sleep essential for strong nerves and healthy bodies.

Where your own—or your family's—health is concerned, only the best is good enough... only Ovaltine will do. Start building with Ovaltine, today! Ovaltine offers the highest possible quality at the lowest possible price.

You get the most for your money with Ovaltine



Always Pure —always Safe



To keep strong and well drink plenty of nourishing COWLAC Milk. Cowlac is full cream dairy milk in powdered form. It tastes like fresh milk and costs you less. Ask for COWLAC at your Store.

How to use COWLAC
First fill a cup with water. Then put two teaspoonfuls of COWLAC powder ON TOP OF the water, mix and it's ready for use.

COWLAC
Full Cream
POWDERED MILK

Trade Enquiries: PELLETIER LTD. P.O. Box 1270 SALISBURY
P.O. Box 47 NDOLA P.O. Box 1270 SALISBURY P.O. Box 1270 BLANTYRE

COWLAC MILK

Is Good for Babies

COWLAC is full cream dairy milk in powdered form, and can be used just like ordinary milk.

FIRST fill a cup with water. THEN put two teaspoonfuls of COWLAC powder ON TOP OF the water, mix and it's ready for use.



Mkaka wa COWLAC uli ndi mafuta onse ngakhale uli wa ufa ndipo umwekwa munga mkaka wongokama.
POYAMBA: thira madzi mu kapu KACHIWIRI thira ufa wa mkaka wa COWLAC kuyesa maupuni awiri angono ndikubhira ramesi, mba pache ndikusanganiza; ndiye walha kulinganisa mkaka.

Trade Enquiries: **PELLETIER LTD.**
P.O. Box 47 NDOLA P.O. Box 1270 SALISBURY P.O. Box 146 BLANTYRE
Bantu Mirror Nyasaland 13/7/54



NESTLÉ'S MILK IS GOOD FOR YOU!

SWEETEN YOUR TEA AND FOOD WITH IT

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BANTU Mirror 12-6-54

COCOA IS THE BEST FOR GROWING CHILDREN THEY SHOULD DRINK IT TWICE A DAY . . .



THE MOKWENA CHILDREN LOVE THEIR COCOA

Like these strong healthy Mokwena children, your children should drink cocoa twice a day, at least. Cocoa keeps you and your children strong and healthy because

A CUP OF COCOA IS A CUP OF FOOD

BOURNVILLE COCOA

You can get 56 cups of cocoa from a half pound tin, costing only 2/1d.

BANTU OPINION 15-7-54



Proclamation

King Smiler commands the use of Cow & Gate Milk Food throughout the world.

COW & GATE MILK FOOD
The FOOD of ROYAL BABIES

Obviously a wise and far-seeing Ruler—and judging by his happy subjects a very popular one. All over the world today Cow & Gate is recognised and welcomed. Something a little better—something a little different—have made the Food pre-eminent.

Cow & Gate Ltd., Gullford, issue a hearty invitation to visiting doctors, nurses and interested personnel to join one of their overseas parties to their West Country Factories.

Agents for Rhodesia: **D. A. BLUMFELD LTD**
BULAWAYO
P.O. Box 409 Telephone 60200

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